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Panel backs 4 new ridings in province

REPORT A government-appointed study group is recommending four new provincial ridings in Alberta, but not all the panellists agree.

The Electoral Boundaries Commission has issued a report recommending two ridings in Calgary, and one more seat in both Edmonton and Fort McMurray.

"This we feel would ensure effective representation across the province," said Ernie Walter, the panel chairman.

But a former journalist on the five-member panel disagrees and says both Edmonton and Calgary should get two new ridings. **THE CANADIAN PRESS**

News on the Move

What's this barcode for?
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Neighbourhood pg 14

A glimpse at city's south

Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver • Today — Canadian women shoot for hockey gold against U.S. tonight, page 13

On the web
 Visit metronews.ca for news updates



Heather Moyses, left, and Kaillie Humphries, second right, of Canada 1 celebrate gold and Helen Upperton, second left, and Shelley-Ann Brown of Canada 2 celebrate silver after the women's bobsled on Day 13 of the 2010 Vancouver Winter Olympics at the Whistler Sliding Centre yesterday. **Story, page 12.**

Women score four

Day 13 proves lucky for ladies, men's hockey team

VANCOUVER
2010 Games

It was a banner day for Canadian women at the Olympics as the country's female bobsledders raced to a gold-silver finish in the two-man event at the Whistler Sliding Centre. Kaillie Humphries of Cal-

gary and Heather Moyses of Summerside, P.E.I., claimed gold, edging teammates Helen Upperton of Calgary and Shelley-Ann Brown of Pickering, Ont., giving Canada its first-ever medals in women's bobsled.

Combined with a bronze for speedskater Clara Hughes in the women's 5,000 metres and a surprise silver

in the women's 3,000-metre short-track relay, it made for a four-medal day — the best for Canada so far at the Vancouver Olympics.

Meanwhile, at Canada Hockey Place, Corey Perry scored twice as Team Canada devastated Russia's defence and neutralized its top scorers, summarily dis-

patching the hockey superpower 7-3 from the tournament.

The win had a particularly vengeful flavour for Team Canada, which was eliminated by Russia 2-0 in the quarter-finals four years ago in Turin, Italy — a stinging loss that prompted a lot of soul-searching at home. **THE CANADIAN PRESS**

Charges laid in Citadel blaze

KRISTA SYLVESTER
krista.sylvester@metronews.ca

CRIME A marijuana grow-op allegedly caused a massive Citadel fire in December that destroyed five homes and has resulted in a Calgary man facing 18 charges, according to police.

A 33-year-old man has been charged in connection with the Dec. 5 fire that not only burned five homes to the ground, but left 11 people homeless and killed four dogs and eight cats, according to arson Det. Scott Sampson. It also damaged three other homes and damaged a dozen cars.

Sampson said police believe the man arrived home and tried unsuccessfully to rescue his two dogs from the fire just before 4 a.m., but fled the scene without attempting to warn his neighbours or call 911.

"These people are just worried about themselves and their grow operations, and the neighbours and their kids are left in danger," Sampson said.

Police say damage was estimated at \$3.8 million.

The man's name cannot be released until he appears before a justice of the peace, expected today. He faces 16 counts of arson by negligence, one count of production/manufacturing of drugs and one count of theft of electricity.

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News in brief

FUNDING The New Nickle Arts Museum at the University of Calgary is set to receive \$3.234 million in funds from the City of Calgary towards the completion of the centre. The building is scheduled to open in spring 2011, according to officials.

WATER Despite an increasing Calgary and area population, the city is on track to meet its 30 in 30 water efficiency goal, according to the city's 2009 year-end water report. In 2005, the city adopted the Water Efficiency Plan to reduce water consumption by 30 per cent over 30 years.

METRO CALGARY

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Following news stories on Twitter...

CalgaryTweets

@momstown Calgary Baby has arrived. Talk about getting what I wished for — he was delivered at home by the Calgary Fire Department.
@shannonsortland hmm. probably going to go to BPs lounge to watch hockey game. Not brave enough to try out #yyc downtown alone haha
@wndxlori So, do they light the tower torch for every medal, or just the golds? #yyc #Van2010
@jtraprow The interim boundaries report moves me into #Yyc Varsity so my MLA is now Harry Chase!! No!!!!

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Familiarity or change for voters?

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgarian Justin Penner isn't concerned about who becomes the city's next mayor — he believes whomever is elected will be right for the job.

"I'm not really worried because I think different politicians bring different ideas to the table and as long as they do a good job, I'm supportive," he said.

But Mount Royal University political scientist Lori Williams says Calgarians may be uncertain about the exit of the city's 35th mayor, Dave Bronconnier, who served for nine years.

"It's difficult for Calgarians to know what is going to happen next or where things are going to go now. The city has a history of having long-serving mayors," she said. "But I think the people who want to see a change or didn't like the way things were will be hopeful about what the



Calgarians may be uneasy about unknown mayoral candidates after Mayor Dave Bronconnier, seen here speaking to media yesterday, announced his decision not to run for a fourth term.

future may hold, and exhilarated with the chance for change."

Williams believes people who embrace change will more likely vote for a candidate not currently on council, but added some may be comfortable with someone

they know, like aldermen Ric McIver or Diane Colley-Urquhart — despite their political baggage.

It could come down to choosing the devil you know, or the devil you don't — and Calgarians like Michael Hapman are

concerned about whose hands the city will be in.

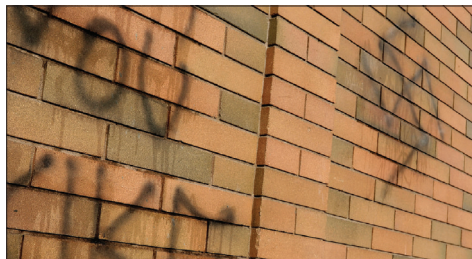
"I may not always have agreed with the mayor's decisions, but with him you knew what you were getting. Who knows what direction the next mayor might take," he said.

Anti-Semitic acts in province last year largely from Calgary: Report

HATE Rising acts of anti-Semitism in Calgary largely account for a 34 per cent increase across the province, according to a report by a national Jewish advocacy group.

The B'nai Brith report says there were 67 cases of anti-Semitic harassment, vandalism and violence in the province in 2009, and 48 of those incidents occurred in Calgary. In 2008, there were 50 incidents reported across the province.

Judy Shapiro, spokesperson for the Calgary Jewish Centre, which was hit with



Anti-Semitic incidents, like this graffiti in southwest Calgary late last year, were a growing trend in 2009, according to a report.

rash of anti-Semitism graffiti last November, declined to comment on the

report, but did say she was amazed by the reaction from Calgarians.

"This year was definitely hard because of the significant and vile vandalism acts, and that was pretty devastating. But the only good thing from that was the outpouring of support from all over the city," Shapiro said.

She added she doesn't believe Calgary is a racist city.

"I don't think it's a hotbed, I think it's to the contrary. The vast majority of Calgarians are full of respect and acceptance of diversity."

KRISTA SYLVESTER/
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What's online today.

Video Chef de mission Nathalie Lambert reflects on Joannie Rochette's emotional skate at metronews.ca/canada

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Over 12,000 Calgary artists between five and 25 years of age will compete from March 1 to 20 in the 79th annual Calgary Kiwanis Festival. Artists will compete for scholarship in 16 different categories and 1,005 classes. Daily sessions are open to the public at no charge. **METRO CALGARY**

News in brief

SPENDING BILL Wildrose Alliance MLA Rob Anderson introduced Bill 204 to the provincial legislature yesterday, hoping to limit excessive and out of control government spending. The private member's bill would limit spending to rate of inflation plus population growth, or the average per-capita spending of the other provinces. **METRO CALGARY**

CALGARY OBITUARIES

CalgaryObits.com
notes the following deaths in our community:

ARMSTRONG, Gwendolyn Iva
BARRETT, Janice Margaret (nee Hurd)
BESTIANICH, John Joseph
BOLDT, Hildegard
BRANDT, Wilda Ann
CORBETT, Joan
DASE, Kenneth (Ken) Eric
DUBON RECINOS, Pedro Pablo (Pablito)
DYCK, Angela Grace
ENNIS, Winifred Mary
HOLOWISKY, Joseph Neil
HUNTE, Dr. R. Gordon
JOHNSON, Glen Wade
COLE, Katherine Marie Louise
MACLAREN, Blair Eric
MARSTON, Robert Higginson
MCCOLL, Howard Stuart
MCPHERSON, Jean Isabel (nee Court)
MERRETT, Ailsa Ruth (nee Frank)
MOORE, Mary Jacqueline Zephryne Chase
MUNRO, Russell "Jim" James
NEUERT, Gladys Evelyn
PELL, Ernest Thomas Eaton
RICHARDSON, Yvette Jacqueline (Eve)
SELKIRK, Anne
SEMMENS, David Nelson
ULASZONEK, Eugenia
VOGT, Garry
WAYMARK, (Bishop) Christina Ophelia (nee Topley)
WILSON, George Sydney Lowen
ZAWALYKUT, Edward

For full obituaries go to
CalgaryObits.com

Potter's magic global

Prof has collected bestseller in 67 languages

APRIL STUART
for Metro Calgary

How exactly does one translate magic words in 67 different languages?

If you had copies of the first Harry Potter book in 67 tongues — you'd likely know the answer. And a University of Calgary professor has just that.

Nick Zekulin, who teaches Russian at the U of C, has managed to collect 67 translated volumes of the first book on the Hogwarts hero — the initial copy he managed to pick up seven years ago while in Moscow.

"I realized there was an academic interest," said Zekulin.

Zekulin collected them through his travels, friends, family, colleagues, and some through purchases made on the Internet.



Nick Zekulin and his collection of Harry Potter books in 67 languages.

"The biggest phenomenon about this is how it has boosted reading rates in all kinds of places, people who otherwise did not read began to read these books," said Zekulin. Languages that were in

danger of being lost now have translations of the famous book.

All the books will be on display at the U of C in the Language Research Centre until March 10 for the public to view.

MLA pushes for support for city's airport tunnel

INFRASTRUCTURE Construction of the airport tunnel is essential, according to the MLA serving the area, and he's lobbying his provincial colleagues to help fund it.

Calgary McCall MLA, Liberal Darshan Kang, addressed a letter to MLAs, outlining the need for the east-west corridor.

"Without this tunnel," Kang's letter reads, "the City of Calgary will face increased gridlock, a worsening environment, a poorer quality of life and ... Deerfoot Trail will remain a traffic hazard."

With the closure of Bar-

low Trail NE, north of McKnight Blvd., some fear the traffic in the rapidly expanding northeast will be funnelled to Country Hills Blvd., or to McKnight Blvd., possibly creating longer commutes and greater traffic congestion.

The airport tunnel, included in Plan-It Calgary after area Ald. Jim Stevenson fought for it, is expected to cost around \$270 million. The city and airport authority have committed \$90 million to it, but both the provincial and federal governments have not committed to the project.

METRO CALGARY

Province not competitive in energy investment: Review

POLICY A new policy paper suggests Alberta's tax and royalty rates make it the least competitive province in attracting conventional oil and gas investment.

Jack Mintz of the University of Calgary looked at barriers to investment in Alberta, B.C., Saskatchewan, the Maritimes and Texas.

He found that Alberta's effective tax and royalty rates on new investments are much higher than all

the other places.

Greg Stringham, a vice-president at the Canadian Association of Petroleum Producers, says Alberta's share of investment in Western Canada has gone down in part due to these stumbling blocks.

The provincial government is currently conducting a review into how provincial regulations and legislation affect energy investment. **THE CANADIAN PRESS**

Energy salespeople charged

MARKETING Three former Alberta Energy Savings salespeople have been charged for signing up homeowners to contracts without their consent.

The three suspects have also been charged with impersonating consumers.

Service Alberta investigators say three salespeople forged signatures on consumers' long-term electrici-

ty and natural gas contracts. Narek Hakoybyan, 19, Shadow Fox Thunderstorm, 22, and Kimberly Bernard, 20, face charges under the Criminal Code and Alberta marketing rules.

They are to appear in Edmonton provincial court on April 8.

Alberta Energy Savings is now called Just Energy.

THE CANADIAN PRESS

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Tweet, tweet — Twitter will bring you budget updates

The Finance Department is turning to Twitter to deliver its message in bite-sized chunks of 140 characters or less. The department plans to begin tweeting when Finance Minister Jim Flaherty rises in the House of Commons to deliver his latest budget on March 4. **THE CANADIAN PRESS**

5

Canada



Have a heart, NDP tells N.L.

The heart surgery Premier Danny Williams had in the U.S. should be made available to all residents of Newfoundland and Labrador, says the leader of the province's NDP. Since the same operation is available in Canada the province should fund it through its health care plan, Lorraine Michael says. **THE CANADIAN PRESS**

Canadian, eh?



It's easy to be one, Games guide tells visitors

GREAT WHITE NORTH Do you know what to do if a Canada goose attacks?

No? Then you may not be a real Canadian.

But fear not.

Canada Place, a waterfront convention centre that is home to the main press centre for the duration of the Olympics, has produced a Guide To Becoming An Authentic Canadian for visitors to the Vancouver Games.

The first step is to know your Canadian icons.

The beaver, maple leaf, Canada goose and moose make the list, along with Mounties, loonies and toonies, bears and the toque.

The eight-page pocket booklet explains that the beaver is the official emblem of Canada.

"Yes that's right, one of our highest honours went to a giant, buck-toothed rodent," it says.

Step Two is to eat and drink like a Canadian — which, says the guide, involves maple syrup, beer ("We like. We like it a lot.") and lobster.

Throw in some poutine, Canadian bacon, salmon

and a donut.

The third step toward Canadian-ness is to walk the walk and talk the talk.

And what could be more Canadian than good manners?

"Canadians are polite and apologetic," says the booklet, being handed out at a kiosk in front of Canada Place, the venue for Olympic press.

"Don't be surprised if someone apologizes to you even if you were the one at fault. It's our natural reaction, sorry about that."

The booklet also educates the reader about playing like a Canadian, which includes hockey, ice fishing and curling.

It says hockey is Canada's official winter sport and for summer, it's lacrosse — "Same amount of dental work needed, but with less ice".

Visitors are told our flag is the Maple Leaf, which was inaugurated in February 1965 — 98 years after Canadian confederation.

"We were too busy eating poutine and watching hockey to get to it any sooner," says the booklet.

THE CANADIAN PRESS



MP Maxime Bernier says the climate debate has been stifled.

MP gets heated

CLIMATE Stephen Harper's sincerity in tackling climate change was challenged yesterday after his former foreign affairs minister assailed what he described as alarmism over global warming.

The Prime Minister's Office insisted Maxime Bernier was speaking strictly for himself.

But opposition parties pounced on the Quebec Conservative MP's comments to charge that the Harper government is finally showing its true colours as a climate

change skeptic.

In a letter to Montreal's La Presse newspaper, Bernier argued there is no scientific consensus on climate change and he applauded the Harper government for taking a go-slow approach.

"The debate over climate change, stifled for years by political correctness, has finally broken out in the media," he wrote.

He added: "We can now see that it's possible to be a 'skeptical' or in any case to keep an open mind."

THE CANADIAN PRESS

Ignore abuse at your peril, top brass told

Military leaders risk charges: Memo

Senior Canadian military brass were told it was a crime to ignore allegations of prisoner abuse according to a top-secret document.

They were also told it was their duty to investigate the allegations.

The May 22, 2007, five-page memo from the Judge Advocate General for the Canadian Forces, Brig-Gen. Ken Watkin, followed a series of allegations of serious prisoner abuse.

"There is a smoking gun here to show that there was legal opinion about the obligations of Canada in the field and it clearly states if we are transferring detainees (into harm's way) we could potentially be in violation of international laws," said NDP MP

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Paul Dewar.

In the memo — sent to then-chief of defence staff Gen. Rick Hillier and Lt.-Gen. Michel Gauthier, now both retired — Watkin said top officials ignore abuse warnings at their peril. They may be subject to criminal liability.

The role of Watkin, the military's top lawyer, is to uphold the ethical and legal principles established by the Forces and government. **TORSTAR NEWS SERVICE**

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Comment & Views

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Comment

How to meet women

Men, don't be lumped in with sleazebags with these tips

Relating

Sofi Papamarko

metronews.ca/papamarko

Let me tell you a story about how not to pick up women.

I was recently approached in the middle of a mall in the middle of the day. Romeo invaded my personal space, dropped alternately flattering and suggestive comments and generally made me feel uncomfortable.

Before slinking away, he gave me his phone number. (It has since been circular filed.)

Without a doubt, this

was the work of a pick-up artist.

Pick-up artists are a sub-culture of men who liken dating to a sporting event. The objective? Score as many touchdowns as humanly possible.

While I take issue with many of these real-life Leisure Suit Larrys, I do have to give them a little credit. There is one thing these men are doing right. They are talking to women.

But how can decent, relationship-seeking dudes meet women without being lumped in with methodical sleazebags?

Here are some pointers from me and my babe friends:

- Talk to women in bars, cafes, restaurants, book stores and at social events. Try not to corner us on

the street, on public transit (where there is no easy means of escape) or when we're clearly busy

- Say Hi. If we respond curtly and our body language makes it obvious that we would prefer to be alone, leave

- Referring to women as "fine females" won't earn you any brownie points, lady-killer

- Neither will hitting on the friend of a woman who just rejected your advances

- Ask open and thoughtful questions. "How are you doing this evening?" will absolutely fail. "Nice button, I like that band, too. Have you ever seen them live?" is a conversation starter

- Sexual innuendo within the first few minutes of meeting = ick

- Manners are sexy (eyes up here, gents!)

- Don't ask for our number right off the bat — this is something you earn

- We like sincere compliments

- We like it when you listen

- Do not touch us (unless we touch you first)

- Flirting with a stranger you find attractive and intriguing is cool. Pouncing, serial-style, on a multitude of ladies? Not so super cool.

There you have it, fellas. Free advice! And all the money you've just saved on how-to books and classes can be spent on buying dinner for a smart and pretty girl.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

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IPSOS REID

See metronews.ca for Wendy Cukier's Speaking Out column — Many women have been left behind

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U.S. school board votes to fire all educators

A Rhode Island school district voted Tuesday evening to fire all the teachers at the underperforming Central Falls High School at the end of the school year, the Providence Journal reports. Only about half the school's students graduate. **THE ASSOCIATED PRESS**

7

World



Dog fetches award for war service

A perky British Labrador whose bomb-sniffing exploits helped save lives in Afghanistan was decorated for canine courage in a ceremony at London's Imperial War Museum yesterday. Eight-year-old Treo, left, joins a menagerie of heroic animals honoured over the years with a special award known as the Dickin medal, including 32 pigeons, three horses and a cat.

THE ASSOCIATED PRESS

Whale that killed trainer involved in B.C. death

FLORIDA A killer whale attacked and killed a trainer in front of a horrified audience at an Orlando SeaWorld show yesterday, and a SeaWorld official is confirming that the whale pulled the woman into the water. Chuck Tompkins, head of animal training at all SeaWorld parks, said trainer Dawn Brancheau was rubbing the whale named Tilikum after a show yesterday when the whale grabbed her and pulled her in. SeaWorld spokesman Fred Jacobs confirmed the whale was Tilikum, one of three orcas blamed for killing a trainer who lost her balance and fell in the pool with them in 1991 at Sealand of the Pacific in Victoria, B.C.

THE ASSOCIATED PRESS

Teacher hailed as hero

Tackled gunman as he opened fire in parking lot

A gunman walked through a middle school parking lot taking shots at students with a hunting rifle, wounding two students, as terrified teenagers ran for their lives, before a teacher tackled him.

Littleton, Colo., police said they aren't immediately sure about what motivated 32-year-old Bruco Strong Eagle Eastwood to allegedly target Deer Creek Middle School just after classes had ended Tuesday. Eastwood has an arrest record in Colorado dating back to 1996 for menacing, assault, domestic violence and driving under the influence, and he is believed to have a history of mental issues. The sheriff's office says Eastwood is a former student of the

Tragic past

- The shooting occurred less than five kilometres from Columbine High, where two teenagers killed 12 students and a teacher nearly 11 years ago.

school. The gunman seemed ready to unleash more violence when a math teacher named David Benke sprung into action.

Benke confronted the gunman, tackled him and pinned him to the ground with the help of another teacher.

"Unfortunately he got another round off before I could grab him," Benke said. "He figured out that he wasn't going to be able to get another round cham-

bered before I got to him so he dropped the gun and then we were kind of struggling around trying to get him subdued."

The two students survived Tuesday's shooting and one remained hospitalized. Meanwhile, Benke has become a national hero. A Facebook page called "Dr. David Benke Is A Hero!!!" quickly grew to more than 14,000 members by yesterday morning.

THE ASSOCIATED PRESS

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Greece Protest turns violent



Police clash with protesters in Athens yesterday as violence broke out after a large protest against government austerity measures intended to fix the country's debt crisis.

News in brief

MIDDLE EAST The son of one of Hamas' founders served as a top informant for Israel for more than a decade, providing top-secret intelligence, a newspaper re-

ported yesterday. Mosab Hassan Yousef was one of the Shin Bet security service's most valuable sources, Israel's Haaretz daily said.

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Israeli dissident not interested in Nobel

An Israeli man who served jail time for leaking state secrets has asked the Nobel Peace Prize committee to disregard his nomination for the prestigious award. Mordechai Vanunu said he doesn't want an award previously given to Israeli President Shimon Peres. **THE ASSOCIATED PRESS**

A Danish miracle mom

When Stinne Holm Bergholdt of Denmark was diagnosed with bone cancer, she was afraid she wouldn't have children.

So she asked her doctors to remove an ovary before her treatment and transplant it back afterward.

More than six years later, Bergholdt and her husband now have two daughters,

making her the first woman in the world to give birth twice after an ovary transplant.

"It's hard to believe it's really true," said Bergholdt, of Odense, Denmark. "It's like a dream that I never would have thought possible a few years ago."

The transplant is working so well that Bergholdt is

currently using birth control. Eight children have been born worldwide to women who have had ovary transplants but no other woman has had more than one pregnancy after having such a transplant, a specialized technique that to this point has been mostly used to treat cancer.

THE ASSOCIATED PRESS



Stinne Holm Bergholdt holds her two children.

Rape drugs still a risk: Report

DRUGS Governments must step up their efforts to limit access to date-rape drugs, sedatives that are secretly added to a person's drink to reduce his or her ability to resist sexual assault and remember it later, aa watchdog said yesterday.

The International Narcotics Control Board said in its annual report that governments should adopt

measures to limit illegal access to such substances, and increase public awareness of the risks of leaving food and drinks unattended.

They also must do a better job of analyzing urine samples in suspected cases and be consistent about compiling and sharing statistics, the board said.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Toyota CEO apologizes

Toyoda testifies at U.S. Congress meeting about recalls

Toyota CEO Akio Toyoda apologized yesterday to the U.S. Congress — and millions of American Toyota owners — for safety lapses that led to deaths and widespread recalls for accelerator and braking failures. But he disputed claims by some safety experts that the cars' electronic throttles might be at fault.

"I'm deeply sorry for any accident that Toyota drivers have experienced," said the grandson of the founder of the world's largest automaker.

Amid a phalanx of cameras, Toyoda, dressed in a dark suit, stood before the House Oversight and Government Reform Committee, raised his right hand and promised to tell the truth. House committee chairman Edolphus Towns welcomed him and thanked him for volunteering to tes-



Toyota president and CEO Akio Toyoda, left, and Yoshimi Inaba, right, president and chief executive officer, Toyota Motor North America, are sworn-in on Capitol Hill in Washington, yesterday, prior to testifying before the House Oversight and Government Reform Committee hearing on Toyota.

tify. "We're very impressed with that. It shows your commitment to safety as well," Towns said.

Toyoda pledged his company would change the way it handles consumer complaints, including seeking

greater input from drivers and outside safety experts when considering recalls. Toyota managers will also drive cars under investigation to experience potential problems first hand, he said.

Toyoda told the panel he

was "absolutely confident" there was no problem with the electronics of Toyota vehicles and repeated the company's stance that sudden accelerations were caused by either a sticking gas pedal or a misplaced floor mat. THE ASSOCIATED PRESS

January surge leads to low housing supply

REAL ESTATE Canada's housing market is in tight supply after a surge in activity during January, a traditionally slow month for the industry, says real-estate giant Re/Max.

The sales organization said yesterday that in most of the 16 major markets tracked by organization there was an unusually strong amount of activity, motivated by a series of external factors.

The uptick was felt in 87.5 per cent of the markets surveyed, while the average home price appreciated 81 per cent, it found in a survey.

Home buyers have entered the market amid expectations of higher interest rates and tighter lending, as well as the introduction of Harmonized Sales Tax in British Columbia and Ontario, Re/Max

26%

Toronto is being affected the most, with a 41 per cent decline in active home listings. While Calgary and Edmonton were both off 26 per cent.

said.

"Affordability is the catalyst for the vast majority of purchasers in today's housing market," said Elton Ash, the executive vice-president of Re/Max in Western Canada.

"While home ownership is still within reach in many major centres, levels are slipping. There is a growing sense, on both sides of the fence, that the time to act is now."

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LENDING U.S. Federal Reserve Chairman Ben Bernanke told Congress yesterday that record-low interest rates are still needed to ensure that the U.S. economic recovery will last and to help cushion the sting of high unemployment.

In prepared remarks for his twice-a-year report to the House Financial Services

Committee, Bernanke struck a confident tone that the recovery should endure. But he also sought to tamp down expectations.

The moderate economic growth the Fed expects will lead to only a slow decline in the country's nearly double-digit unemployment rate, he said.

THE ASSOCIATED PRESS

Business in brief

INTERNET Nortel Networks has abandoned plans for a competitive auction of its voice-over-Internet business unit and will work to complete a sale to Genband Inc.

THE CANADIAN PRESS

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Former Patriots fan favourite Tatupu dies

Mosi Tatupu, a fan favourite who played 13 seasons for the New England Patriots, has died. He was 54. **THE ASSOCIATED PRESS**

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Sports

EDITOR: DON.MCHOULL@METRONews.CA

Flames hit the ice

Back from a 10-day vacation, the Calgary Flames hit the ice yesterday afternoon for the first time since beating the Anaheim Ducks 3-1 at home on Feb. 13.

National Hockey League teams were allowed to hold organized practices once again for the first time since the men's hockey competition began at the Olympic Winter Games in Vancouver.

"Every team's doing the same thing," said Calgary coach Brent Sutter, who put his players through a variety of skating and puck-handling drills during an hour-long ice session at the Pengrowth Saddledome. "We had no more advantage than anybody else."

Of course, the Flames were practising without captain Jarome Iginla, who's in Vancouver playing for Canada, along with forward Niklas Hagman and goaltender Miikka Kiprusoff, who are competing for Finland.

Sutter said the coaching staff will gradually implement more complex teaching drills into practices leading up to Calgary's first game after the break at home against the Minnesota Wild on March 3.

"We've got to be careful here these first few days,"



Daymond Langkow said he enjoyed getting time to relax at home with his family.

Sutter cautioned. "We're going to have an opportunity as we get along here to really start getting into our systems and stuff. I think these first few days, it's just getting their legs back under them and getting their hands going and work on some skills."

While other players took advantage of the break to escape to warmer climates, forward Daymond Langkow said he enjoyed getting time to relax at home with his family.

"It was good to get a good rest," Langkow said. "It's a break we needed. Just because of the Olympics, the schedule is compressed and we're playing a lot of hockey so it was good."

While players got some rest and relaxation during the break, they also made sure to keep up on their physical conditioning knowing that they would be back on the ice a week in advance of their first post-Olympic game.

THE CANADIAN PRESS

Sports in brief

MLB Major League Baseball is hoping to test minor leaguers for human growth hormone this year. A blood test for HGH has been in existence since the 2004 Athens Olympics, but baseball officials have said until now that its validity was not universally accepted by the scientific community.

SOCCER Esteban Cambiasso scored the winning goal yesterday to give Inter Milan a 2-1 victory over Chelsea in the round-of-16 match in the Champions League.

THE ASSOCIATED PRESS

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Chile.....2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....14.9 ¢	Russia.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia...3.9 ¢
El Salvador.....9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
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Slovakia forward Lubos Bartecko is recovering from a concussion after being levelled by a scary shoulder hit from Norway defenceman Ole Kristian Tollefsen during a 4-3 victory in the men's Olympic hockey tournament Tuesday night. **THE ASSOCIATED PRESS**

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Hughes goes out on a high note

LONG-TRACK Clara Hughes capped her remarkable career with an Olympic bronze medal.

The 37-year-old long-track speed-skater from Glen Sutton, Que., was third in the women's 5,000 metres at the Vancouver Olympics yesterday, an event she won four years ago in Turin.

She finished in six minutes 55.73 seconds. The time stood as a track record before it was broken twice, first by silver medalist Stephanie Beckert of Germany and then by gold medalist Martina Sablikova of the Czech Republic.

Sablikova won in 6:50.91, followed by Beck-

ert in 6:51.39.

The medal is the sixth of Hughes' career, putting her in a tie with Winnipeg's Cindy Klassen as Canada's most decorated Olympian.

Hughes, who carried the Canadian flag into B.C. Place at the opening ceremonies, said she came into the Games thinking physical and mental excellence rather than medals or owning the podium.

"I did that in the last race of my life on ice and it was so enjoyable," Hughes told CTV.

"I'm just really proud of the process I went through to bring me to this place."

THE CANADIAN PRESS



Clara Hughes

Russians rocked

Team Canada sent Russia packing from the Olympic men's hockey tournament yesterday with a stunning 7-3 victory that showed the home team is back in high gear and firing on all cylinders.

Next up comes the winner of a Sweden-Slovakia quarter-final, which was played late last night. The semifinal goes Friday.

This was the kind of Canadian hockey that fans had been yearning for since executive director Steve Yzerman named his team in December — a physical, relentless attack combined with speed and skill.

After a slow start to the tournament, Yzerman calmly reassured the nation it was coming. His team delivered on the promise by dispatching Germany and Russia on back-to-back days by a combined score of 15-5.

The win over Russia was especially satisfying for another jam-packed house at Canada Hockey Place. There were quite a few Russian flags among the throng of red-and-white Canadian jerseys, but many of them were packed up and put away by the time the third period started.

At that point, Canada had already chased Russian goaltender Evgeni Nabokov and built a 7-3 lead in one of the most lopsided games



Canada's Ryan Getzlaf celebrates with Dan Boyle after scoring a goal against Russia last night at Canada Hockey Place in Vancouver. Canada beat Russia 7-3 to advance to the semifinals.

the teams have played in recent memory.

Canada was rampant from the get-go. There was a more physical element to the team's game — Alex Ovechkin received a particularly rough ride early — and Ryan Getzlaf opened the scoring at 2:21, nearly getting knocked over by an

exuberant Dan Boyle who did all the work on the play.

"We were not surprised about how they were going to start," Ovechkin said of the Canadians.

"I think we were not ready for the first five minutes of the game. When we woke up it was too late. It was 3-0." **THE CANADIAN PRESS**

What to watch today

TV Highlights

10 a.m.: Women's curling

Canada vs. Switzerland, and China vs. Sweden (CTV, Sportsnet).

Noon: Women's hockey

Bronze medal game Finland vs. Sweden (TSN).

Noon: Cross-country skiing

Women's 4x5km relay classic/free gold medal (OLN).

2 p.m.: Nordic combined

Individual large hill/10km cross country (Sportsnet).

3 p.m.: Men's curling

Semifinals: Norway vs. Switzerland, and Canada vs. Sweden (TSN, Sportsnet).

4 p.m.: Women's hockey

Gold medal game Canada vs. U.S. (CTV).

6 p.m.: Figure skating

Women's free gold medal (TSN).

7 p.m.: Freestyle skiing

Men's aerials gold medal (Sportsnet, OLN).

Short-track team gets upgrade

SPEEDSKATING The Canadian women's short-track team went to silver from bronze in a matter of seconds at the Winter Olympics.

Canada finished third in the women's 3,000-metre relay but was quickly upgraded to silver when the winning South Koreans were disqualified for a rules violation.

Tania Vicent of Laval, Que., Kalyna Roberge of St-Etienne-de-Lauzon, Que., Jessica Gregg of Edmonton and Marianne St-Gelais of St-Felicien, Que., finished in a time of four minutes 9.137 seconds.

China won in a world-record time of 4:06.610 while the United States was third. **THE CANADIAN PRESS**

Canadian women win gold, silver in bobsled

HISTORY Kaillie Humphries and Heather Moyse were untouchable and unbeatable yesterday, smashing track records to win gold while teammates Helen Upperton and Shelley-Ann Brown grabbed silver, capturing Canada's first-ever Olympic medals in women's bobsled.

Humphries, the pilot, and Moyse, the brakeman, sailed over the finish line and up the outrun to the deafening cheers of fans, waving Maple Leaf flags and clanging bells.

"I don't know how Canada feels, but if it's anything like I'm feeling, it's pretty exciting," Humphries said.

Moyse, her helmet in her hand, pumped her fist in the air and hugged Humphries before someone

handed them a Canadian flag, which they both then held up together as the cheers reached a crescendo and reverberated down the misty slopes of Blackcomb Mountain.

Humphries, from Calgary, and Moyse, from Summerside, P.E.I., logged a four-run combined time of three minutes 32.28 seconds to take the top of the podium. They led from wire to wire over four heats, obliterating track and start records as they went.

Upperton, from Calgary, and Brown, from Pickering, Ont., moved up from fifth place to fourth, then third, and finally second.

Erin Pac and brakeman Elana Meyers of the United States were third.

THE CANADIAN PRESS

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VANCOUVER GAMES

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Germany	7	10	7	24
Norway	6	6	6	18
Canada	7	6	2	15
Russia	3	4	6	13
South Korea	5	4	1	10
Austria	4	3	3	10
France	2	3	5	10
Switzerland	6	0	2	8
China	4	2	2	8
Sweden	4	2	2	8
Netherlands	3	1	2	6
Czech Republic	2	0	3	5
Poland	0	3	1	4
Italy	0	1	3	4
Australia	2	1	0	3
Slovakia	1	1	1	3
Japan	0	1	2	3
Latvia	0	2	0	2
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Croatia	0	1	1	2

On the web

- Up-to-date medal standings and results
 - Complete day-by-day event schedule
 - Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
 - Metro-Blenz News Squad on-the-ground blog
- Visit metronews.ca for more Games coverage.**

Dutch speedskater to apologize

Dutch speedskater Sven Kramer will apologize and give a small gift to an Olympic volunteer he pushed aside after he was disqualified from the 10,000-race he had been favoured to win. **THE ASSOCIATED PRESS**

Vancouver Games

Battle-hardened women ready

After much preparation, Canada looks to topple U.S., capture gold

Ryan Hilderman and most of his Calgary Royals midget club will be watching Canada and the U.S. play for Olympic women's hockey gold today.

"I'll be glued to the TV," the Royals head coach said yesterday from Calgary.

That boys between the ages of 15 and 18 would be interested in women's hockey is at the centre of this game because they've played a major role in preparing the Canadian women to battle the Americans for gold.

Being prepared is one thing, execution is another.

But the Canadian women are a battle-hardened team.

In their 55-game schedule since August, 30 of them were against Alberta Midget Hockey League teams, who provided a level of competition comparable to the American women.

"All the games we've



Canada's Hayley Wickenheiser, centre, handles the puck against Finland's Michelle Karvinen, right, and Jenni Hiirikoski during the women's semifinal game on Monday.

played has brought us to a position where we're down a goal, up a goal, we know how to play," captain Hayley Wickenheiser said.

The women went 20-10 in that league, where games against Canada counted for points in their standings.

ALEX LIVES/VECTRY IMAGES

The U.S. women played some informal games against Minnesota high school boys teams, but were unable to get in as many games against males as Canada did.

In terms of preparation, the Canadian women have nothing eating at their confidence heading into today's final at Canada Hockey Place.

"You look back at everything we've done and we know we're ready for this game," defenceman Becky Kellar said.

"There's nothing I think we haven't done that we needed to do. We're ready. We're ready for this moment."

The Americans feel they are, too.

They have the confidence that comes from beating Canada in the last two games that really mattered in their sport, the finals of the 2008 and 2009 world championships.

THE CANADIAN PRESS

Rochette Big day approaches



Joannie Rochette of Canada practises for the women's figure skating free program yesterday in Vancouver. Rochette is in third place heading into today's free skate final.

ROBERT SPANIER/THE CANADIAN PRESS

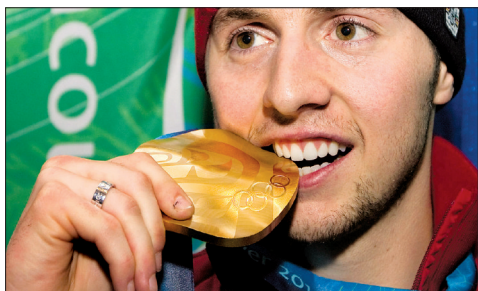
Bernard to resume action today

CURLING Canada's Cheryl Bernard, who steamrolled the competition on her way to an 8-1 round-robin record at the Vancouver Games, will return to the ice today for a semifinal date with two-time Olympic silver medalist Mirjam Ott of Switzerland.

Just two measly wins away from an Olympic gold medal and a permanent place in Canadian Winter Games lore, members of Bernard's rink said they're trying to take things in stride. Coach Dennis Balderston feels confident in his team's game heading into the playoffs, despite the fact Bernard has been battling a cold.

"They're shooting very well, they're in a very good comfort zone and they're not afraid to lose," he said.

THE CANADIAN PRESS



Canada's Alexandre Bilodeau bites his gold medal during a medal ceremony at the 2010 Vancouver Games on Feb. 15.

Bilodeau to donate \$25K for cerebral palsy research

GIVING BACK Olympic freestyle skiing champion Alexandre Bilodeau calls older brother Frederic his source of inspiration.

Now, Bilodeau is doing his part to return the favour. The gold medalist in moguls announced yesterday he's donating \$25,000 to the Canadian Association of Paediatric Health Centres in support of research into cerebral palsy.

For Bilodeau, the donation is a very personal one. Frederic was born with cerebral palsy and doctors said he would be in a wheelchair for life. But Frederic has proved them wrong, still walking and skiing at age 28. Bilodeau's moguls teammate Jennifer Heil, who won silver in the women's event at the Van-

couver Games, is also doing her part to give back, donating \$25,000 to Because I Am A Girl. The foundation helps girls in underprivileged countries.

The 22-year-old Bilodeau, who captured Canada's first-ever gold medal on home soil Feb. 14, said growing up with Frederic taught him a lot about keeping things in perspective.

"When I was younger, I had to jump in the car and get to a school where there were so many people with cerebral palsy," said Bilodeau. "The only thing (the students) could move was their head or their neck ... but they had a smile. They were enjoying life probably more than anyone else."

THE CANADIAN PRESS

Pressure time arrives for Canada's Martin

CURLING The Olympic curling round robin is over. Now the real pressure begins.

Despite a perfect 9-0 record, Kevin Martin's hopes of a gold medal could be derailed with a single loss in today's sudden-death semifinal.

The Edmonton skip will face off against fourth-place Sweden while Norway and Switzerland will play in the other semi. The

winners will play for the gold medal, while the losers take to the ice for bronze.

Martin, who lost the 2002 gold medal game to Pal Trulsen of Norway, isn't feeling any extra pressure now that it's crunch time.



Kevin Martin

"I think the pressure has been there all week," Martin said. "Like any other sport in the Olympics, you get to the medal round and you want to play well. I feel really good. I feel comfortable."

Unlike most major curling events, the Olympic tournament uses a sudden-death playoff format rather than the more common Page system.

THE CANADIAN PRESS

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PEOPLE POWERED

Based on the City of Calgary's civic census, Canyon Meadows' total population in 2008 was 7,957. Lake Bonavista's population was 10,534. The overall population in Calgary in 2008 was 1,042,892. MICHELLE LINDSTROM/FOR METRO CALGARY

Your Neighbourhood: Lake Bonavista & Canyon Meadows

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'A very active community'

MICHELLE LINDSTROM
for Metro Calgary



The Calgary communities of Canyon Meadows and Lake Bonavista used to border the southern-most edge of our city with farm and grasslands beyond — but that's not the case now.

The inception of both areas began in the late '60s to early '70s, but since they straddle Macleod Trail, Canyon Meadows falls into the city's southwest quadrant and Lake Bonavista falls into the southeast.

Now both established areas, residents agree the



Residents play shinny on Bonavista Lake.

communities have gone through one cycle — meaning long-standing homeowners have reached retirement age and are downsizing, which enables younger families to move in and restart the cycle.

Anthony Masleck, executive assistant to Canyon Meadow Ward 13's Ald. Diane Colley-Urquhart, grew up in the southwest neighbourhood when his parents moved there in 1981.

"At that time, Canyon Meadows was basically the

edge of the city," he says.

"It was an interestingly designed community," he says, adding there are many pathways and small hidden parks spread out amongst the various types of homes.

Linda Fox-Mellway, the area's alderman and a Lake Bonavista resident since 1975, says, "It has always been a very active community with lots of young families, lots of sports and programs for families and people of all ages."

Manmade lake first of its kind

In 1967, home builders and developers Keith Construction began their search for an area and idea unique enough to top their previous golf community: Willow Park.

A treeless, flat piece of land became the site for what is now known as Lake Bonavista's manmade lake — the first of its kind in Canada.

When a lake plan was confirmed, excavation started early in March of 1968 and continued until May; 1.2 million cubic yards of land was removed.

A portion of that dirt, 300,000 cubic yards, served double duty when it was stacked and formed into a 65-foot-tall hill, which still has a waterfall running down it to force air for circulation into the lake.

But, before the waterfall and lake, there needed to be water. For 50 days, wa-

ter was pumped from Fish Creek into Bonavista Lake.

The waterfall still prevents the 52-acre lake's water from getting stagnant and allows fish to swim and survive. The depth of the lake, 24 feet, also helps sustain fish life when the surface freezes in winter.

Today, the lake is used for swimming, fishing and boating. In winter, basketball courts are flooded for skating and portions of the lake are cleared for shinny.

The hill and waterfall become a toboggan hill.

"It's the best behaved toboggan hill I've ever seen," says Ian Campbell, Lake Bonavista Community Association president.

To maintain the lake, all community members pay fees towards the Lake Bonavista Home Owner's Association.

MICHELLE LINDSTROM/
FOR METRO CALGARY

Facts and figures

- Based on the 2006 census, Canyon Meadows has 1,890 single detached homes, 120 semi-detached homes, 685 row houses, 405 apartments and 10 falling in the "other" category. Homes owned total 85.9 per cent within the area.
- Based on the 2006 census, Lake Bonavista has 3,300 single detached homes and 520 apartments, with 89.1 per cent of the homes owned.
- Visit metronews.ca for more.

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Change is coming

MICHELLE LINDSTROM
for Metro Calgary

Houses and facilities within Lake Bonavista and Canyon Meadows have had decades to establish themselves, leaving little for residents to yearn for other than a bit of upkeep.

There's no doubt the lake is the main attraction within Lake Bonavista, but its community association president, Ian Campbell, also mentions the perks of the community centre.

"This is the prize that a lot of people don't realize

is here," Campbell says of the popular building nearby the lake that holds two rinks, a gym and more.

"It's a 30-year-old facility now, but in the last five years, we've put in more than \$1 million of maintenance to it," he says, adding the plan is to replace the large rink's boards this year.

Other changes are taking place around the lake. Residents of homes on Bonavista Lake's shore are tearing down the almost 40-year-old houses — considered too large at the time — to build bigger ones.

"The influx of infill houses is a concern (for community members)," Campbell says, adding the city got involved with lake building restrictions about a year and a half ago.

On the other side of Macleod Trail into Canyon Meadows, community members have a different challenge.

"We're always up against the wall with our mall that's here," says Brenda Zunti, Canyon Meadow Community Association president.

The strip mall on the corner of Anderson Road



The entrance sign to Canyon Meadows is set to be revamped.

and Elbow Drive is owned by offshore investors who have not responded to community requests to repair and update the aging set of stores, Zunti says.

The community association is also planning to update the entrance sign of Canyon Meadows.

Anthony Masleck, executive assistant to Ald. Diane

Colley-Urquhart, says the biggest development for Canyon Meadows would be the southwest ring road, if it goes through, as it could alleviate traffic congestion.

"They have the same problems of all the southern communities of trying to get into downtown," Masleck says.

Metro asks: Why do you live here?

• "It's nice and quiet," says Kristina Seibay, who moved to Canyon Meadows more than three years ago. "It's a more mature area and I'm right down the street from the Park."

• "We take walks, swim and skate," says Marianne Eriksson, who moved to Lake Bonavista 25 years ago. "We're also close to Fish Creek Park."

• Ten-year Lake Bonavista resident Milanko Rakie says he likes to fish at the lake about twice a month.

• "We're a mixed, diverse group," says Brenda Zunti, Canyon Meadows Community Association president and longtime area resident of 18 years.

• "Given the option, this is a really nice place to live," says Ian Campbell, Lake Bonavista Community Association president.

MICHELLE LINDSTROM/
FOR METRO CALGARY

Options for recreation abound in both communities

MICHELLE LINDSTROM
for Metro Calgary

Nightlife in Canyon Meadows or Lake Bonavista is not the first thing residents mention about the areas.

"A lot of people just come out with their kids to go skating," says Brenda Zunti, Canyon Meadows Community Association president.

She boasts about the daytime activities but also finds peace in the fact Canyon Meadows is secluded enough to focus on family-oriented activities away from hub locations.

Canyon Meadows residents typically head towards Macleod Trail — only accessible by 14th Street or Canyon Meadows Drive due to the train tracks — for lat-

er-day activities.

One place to consider eating and hanging out in Lake Bonavista would be Newport Grill, formerly The Inn on Lake Bonavista, which is a restaurant on the shore of Bonavista Lake.

Across the street from the north end of the lake is a

strip mall with Brewsters Brewing Company and Restaurant.

At Macleod Trail and Canyon Meadows Drive are the Canyon Meadows Cinemas, which play older movies (\$3 for matinees and \$5 for evening shows).

Nearby the cinemas, just

off of Lake Fraser Drive, is Halo Steak, Seafood & Wine Bar for evening festivities, but if working out is more of your thing, Spa Lady or GoodLife Fitness gyms are all within the same complex.

Heading slightly more north to the Avenida Shopping area, there's an Original Joe's restaurant and bar as well as a Boston Pizza.

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Metro Homes



Sit on the globe

For kids who won't sit still, the spacious Globe Chair has the right amount of room squirm or share. Urban Barn, \$1,041, urbanbarn.com.

JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Family time in the family room

JENNIFER BILL
for Metro Canada



Having kids doesn't mean having to abandon design.

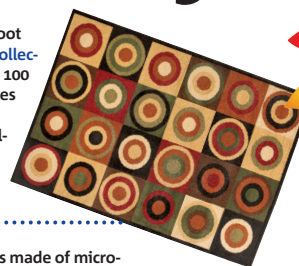
Style can still play a pre-eminent role in rooms that nurture overall well-being, familial love and creativity. Create a space that doubles as an enhanced place of learning — decorate with retro-style games such as a chess board to engage kids in active play, integrate a chalkboard so little ones can write, or place stylish items that double as educational tools, such as an antique globe or recycled knickknacks.

Incorporate ample storage so the room doesn't become a circus and tripping zone.

Store toys and books low so kids won't feel the urge to climb and they can put everything away too. A storage ottoman is a versatile piece for kids to climb on, guests to sit, for Dad to put his feet, and a place to keep toys and books.



This contemporary 5x8-foot jacquard-woven **Home Collections Orbit Rug**, made of 100 per cent olefin pile, evokes memories of hopscotch and Jacks and makes curling up on the floor fun. Canadian Tire, \$129.99, canadiantire.ca.



This **HC Fabric Bench** is made of micro-suede fabric with espresso finish legs and removable top cushion to store toys and games. Canadian Tire, \$109.99, canadiantire.ca.

The kid-sized **Hybrid Anywhere Chair** Collection offers a wide range of fabric options, plus embroidered personalization, so kids can create a chair that's unmistakably theirs. **Anywhere Recycled Beanbags** at left. Pottery Barn Kids, both \$115-\$139, potterybarnkids.com.

This **66-inch Medusa five-head Floor Lamp** has five multicoloured plastic shades with gooseneck bendable arms in a silver-tone painted finish. Canadian Tire, \$49.99, canadiantire.ca.



Streamlined forms and a vast array of components allow parents and kids to organize it all with the **Cameron Creativity Storage System with Art Cubbies**. Pottery Barn Kids, \$1,659, potterybarnkids.com.



Educate the kids about what went into crafting this **Tin Man Coaster Set**, made from recycled tin cans by local artisans in Northern India. Urban Barn, \$16 set of five, urbanbarn.com.

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Clean up and dry down the bathroom

HomeScape

Sylvia Putz

metronews.ca/homescape

A bathroom is a place where dampness and wetness rule. Water often creeps out underneath or around a shower curtain, leaving a puddle on the floor. Wet footprints leave damp marks. The air is frequently steamy, leaving moisture on every surface. Damp towels hang limply. The vanity counter is left awash very morning. The resulting slow drip-drip every day leads to the eventual deterioration of finishes, and can affect structural elements like floors or walls if left over time.

And in a much more dramatic fashion, fixtures can overflow. A bathroom is a place that experiences

every once in a while that most unpleasant of occurrences — the flooded toilet. The bathtub may also overflow, as can the sink or any other fixture that uses water, leaving you with potentially expensive repairs to make.

Yes, a bathroom must be built to handle water, like a sea-worthy vessel. When finishing or refinishing, it's important to seal up the space properly, and then keep it well maintained.

Waterproofing the bathroom

- Ceramic or porcelain tiles with protective glazing or waterproofing are an excellent choice for a bathroom floor.

- Use tile mouldings (avoid wood or pressboard) or run tiles partially up the wall, and pay special attention to sealing the juncture between wall and floor.

- Do yourself a favour and tile the entire shower enclosure, including the ceiling, or use a one-piece surround.

- Make sure you've got se-

Maintenance

- Frequently inspect plumbing, and in particular, check the supply line to the toilet and the base of the toilet for signs of dampness or dripping, and take action promptly, if needed. Inspect the flushing mechanism in the tank of the toilet, and replace parts that have become worn.

cure seals between fixtures (toilet, sink, shower enclosure or bath) and the wall or floor, and in any other place that could leak.

- Invest in an effective method for closing off the shower area while in use. Vinyl shower curtains may be effective for conscientious adults, but a door system may be better for busy families.

- Use a backsplash behind the sink and seal any joints that could allow water to penetrate.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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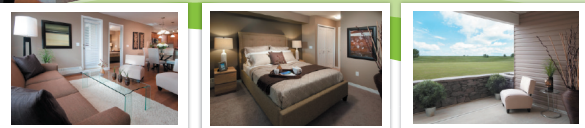
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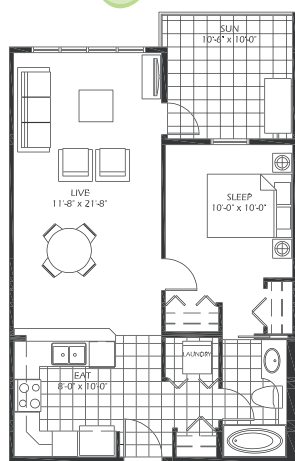


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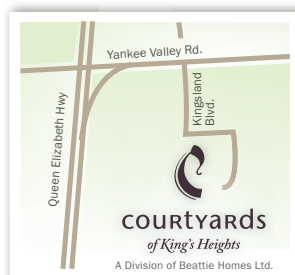
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18 metro homes

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Every spring, green is what we start noticing on the landscape outside our homes.

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A simple project, like reinsulating your attic, can help you save on your monthly heating and cooling bills and reduce the amount of greenhouse gas emissions every year, year after year.

"Attics are the primary source of energy inefficiency in a home. Since over 7 million attics in Canada are underinsulated, there is an opportunity to reduce energy consumption across the country," says David Flood, insulation expert at Owens Corning.

"Reinsulating your attic is a great way to reduce energy consumption and help

"Reinsulating your attic is a great way to reduce energy consumption and help Canadians become more conscious of the small changes that impact the bigger environmental picture."

David Flood

Canadians become more conscious of the small changes that impact the bigger environmental picture."

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Reinsulating your attic will not only help reduce energy consumption, but the government savings will also make your home renovation more affordable.

The ecoEnergy Retrofit-Homes program is offering a grant of up to \$5000 from the Government of Canada for energy efficiency renovations that have not yet started. Some energy utilities and provincial governments offer additional funding. For more information on ecoEnergy grants and incentives, visit ecoaction.gc.ca/homes.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

London's best

Outerwear rules, bold prints make a strong statement and plus size-models re-surface

KENYA HUNT
Metro World News

Unique

The crazy cool show for Topshop's experimental line was part Where the Wild Things Are with models wearing fuzzy eyebrows, deer antlers and furry animal ears, and part uniform dressing with army green looks and shearling aviator-style jackets. The best part about the collection was the outerwear: a shearling, hooded, navy coat, for example, felt timelessly eccentric.

Mark Fast

So much for all the hoopla about plus-size models. As of now, Mark Fast seems to be the only designer who is using them in any meaningful way, rather than just relegating curvy girls to trend-of-the-month status.

The Canadian once again cast fleshier bodies alongside thin ones in his show. The body types were diverse in an organic way. And the clothes?

His trademark body-hugging cobwebby knits were there. But this time he also incorporated draping inspired by the Art Deco period and shapes that moved away from the body. While Fast deserves many cool points for making samples in a vari-

ety of sizes, he should have spent some time thinking about the undergarment problem. The visible panty lines on some models were distracting.

Matthew Williamson

Change is good. Fashion's favorite nomad is evolving out of the luxe boho globetrotter look that he's become so famous for (because one can only churn out but so many interpretations of a flowy, ethnic inspired dress). This collection was all civilized tweeds, ruffles and prim

trouser suits. He didn't abandon his formula completely, though. The bright, jewel toned color palette and fun, festive party dresses at the

end of the show were all quintessential Williamson.

Mary Katrantzou

The designer has earned a cult-following for her trademark use of bold digital prints on figure-flattering dresses. But like many designers who create a strong, singular look, she was in danger of becoming a one-trick pony. She evolved her dresses to include more asymmetrical silhouettes, transparency, tiered ruffles and shiny embellishments.



Left: Canadian designer Mark Fast once again cast fleshier bodies alongside thin ones in his recent London Fashion Week show.

Right: Mary Katrantzou took her bold prints to new dimensions with asymmetrical silhouettes, tiered ruffles and shiny embellishments.



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THE BLUES

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As part of Burberry's marketing plan, the London Fashion Week show was streamed live in 3-D to special venues in big cities, such as Los Angeles. Also, Internet customers could view the show online and make instant purchases. **THE ASSOCIATED PRESS**

English aristocratic

Smith's upper-class glamour at London Fashion Week

Designer Paul Smith showcased a glamorous collection he dubbed "the naughty debutante" this week at London Fashion Week.



English style ambassador Paul Smith put the classy into upper-class this week, unveiling an autumn-winter collection that evoked country houses, outdoor pursuits and just a touch of urban decadence.

Tweed caps, riding capes and chunky woollens were all on display at Smith's show, one of the big draws of London Fashion Week, alongside svelte dresses and statement coats.

"It's very much about the English aristocracy, and the naughty daughter who likes to sneak off to London and go to rock concerts," Smith told The Associated Press backstage at the show, held amid the old-school elegance of central London's Claridge's Hotel.

Smith — best known for classic menswear with a cheeky twist and accessories with his signature multicolored stripes — offered a womenswear col-

"It's very much about the English aristocracy, and the naughty daughter who likes to sneak off to London and go to rock concerts."

Designer Paul Smith

lection that gave traditional fabrics a retro-chic twist and mixed earthy tones, black and grey with bold splashes of colour.

The designer said the theme of the show was "the naughty debutante." Pieces ranged from slim-line elegance — a long scarlet coat with martial gold buttons, a sleek little black dress — to playful thrift-shop retro. There was a multicolored crocheted dress, pink knitwear with a vintage feel, and A-line dresses reminiscent of the 1950s — one in lavender, another black with poppy red, worn with cropped cardigans.

"I'm a British designer," said Smith, who was

knighted by Queen Elizabeth II in 2000 for his contribution to the nation's fashion industry. "It's got a lot of the English countryside about it, but in a very modern way."

THE ASSOCIATED PRESS



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In brief

FASHION WEEK English style ambassador Paul Smith put the classy into upper-class this week, unveiling an autumn-winter collection that evoked country houses, outdoor pursuits and just a touch of urban decadence. Tweed caps, riding capes and chunky woollens were all on display at Smith's show, one of the big draws of London Fashion Week, alongside svelte dresses and statement coats. "It's very much about the English aristocracy, and the naughty daughter who likes to sneak off to London and go to rock concerts," Smith told The Associated Press backstage at the show, held amid the old-school elegance of central London's Claridge's Hotel.

THE ASSOCIATED PRESS

Wintour joins editor hall of fame

Already considered one of the most powerful people in fashion, Vogue's Anna Wintour is headed to the Magazine Editors' Hall of Fame.

The American Society of Magazine Editors announced Monday that Wintour would be honoured at its annual gala in April.

"Throughout her career, Anna Wintour has exemplified the highest standards of taste, in both journalism and fashion," said Sid Holt, ASME's chief executive, in a statement. "She has defined style for a generation of magazine

readers and come to epitomize the essential qualities of editorial leadership."

Vogue is the standard-bearer of the high-fashion glossy magazines; its 2009 average circulation was 1,269,640. Wintour was named editor-in-chief in 1988. She had earlier been Vogue's creative director as well as the top editor at British Vogue and House & Garden.

Previous ASME honorees include Martha Stewart, Tina Brown, Helen Gurley Brown and Hugh Hefner.

THE ASSOCIATED PRESS



Vogue's Anna Wintour.

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THE BLUES

#3



H&M

The search continues for Growing Pains actor Andrew Koenig. Now his famous father, Walter Koenig, is opening up about the painful search for his missing son. "It's very, very tough," the elder Koenig, who starred on Star Trek, tells the Today Show. "He was very depressed about his life." **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Guest gigs

Jude Law, left, and Zack Galifianakis are on tap to host Saturday Night Live next month. Galifianakis will do the honours on March 6, and Jude Law will host March 13.

EW.COM

Barber makes Believer out of you

Matthew Barber

Album: True Believer
Label: Outside
Rating: ⓈⓈⓈ

THERE'S NO REASON Matthew Barber shouldn't be



getting the same kind of attention as Jason Collett or Joel Plaskett. The Toronto folk singer can write passionate Canadiana with

the best of them and there's more proof of that on his new disc, True Believer. It's loaded with soft, acoustic numbers, but it's the more upbeat full band numbers where the artist really leaves his mark. Comeback Baby is an especially good listen, with its subtle banjo, loud cymbal crashes and rootsy vocals.

Bryan Borzykowski/for Metro Canada

Johnny Cash

Album: American VI: Ain't No Grave
Label: American Recordings/
Lost Highway
Rating: ⓈⓈⓈⓈ

IT MAY BE TABOO to slight the work of a national icon posthumously yet country legend Johnny Cash's American series of albums provided diminishing returns. Strange covers with few interesting twists prevailed and in retrospect, only the first two truly bolster his extensive catalogue. Still, even those albums lack the passion, haunting aura and serenity of Ain't No Grave. Recorded after Cash had envisioned/reconciled his mortality, these 10 pseudo-religious, almost Gothic tracks glow with minimalist brilliance. Featuring his crumbling baritone supported by little more than guitar and piano, it's beautifully crushing — a bittersweet cap to an enviable, incredible career.

Keith Carman/for Metro Canada



Toronto folk singer Matthew Barber's new album True Believer is right up there with other Canadian stalwarts such as Jason Collett and Joel Plaskett, Metro reviewer Bryan Borzykowski says.

AlbumReviews

music@metronews.ca

Shout Out Louds

Album: Work
Label: Merge
Rating: ⓈⓈⓈⓈ

Joey McIntyre

Album: Here We Go
Label: Universal
Rating: ⓈⓈ

IT'S HARD TO tell who Joey McIntyre is targeting with this EP. The New Kid On the Block sound a lot like Britney Spears and Lady Gaga here — not his voice, but the tunes could have found their way on any pop record. It's hard to see how his 30-something fans would enjoy these electro club tunes, even though the songs are better than anything on the last NKOTB disc.

Bryan Borzykowski/for Metro Canada

STOCKHOLM'S SHOUT OUT LOUDS have always prided themselves on melancholy as much as they have melody. Album number three finds the five-piece returning with a batch of songs that are similar but even more earnest than 2007's Our Ill Wills. While they have finally determined their sound, the hooks are slightly less beguiling than the first two albums. Still, there's plenty of poetic lament here for any mope to partake in, and few do it better than Shout Out Louds.

Cam Lindsay/for Metro Canada

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Elena gets an uncle

David Anders will soon take up residence in Mystic Falls. The 28-year-old actor has been added to the cast of Vampire Diaries as Jonathan Gilbert, Elena and Jeremy's uncle. TVGuide.com has confirmed. **METRO NEWS SERVICES**



Shouting it out loud: Album wasn't all work

KATARINA MATSSON
Metro Sweden



After a three year break and long pause, Shout Out Louds are back.

When working on their new album *Work* they went into isolation in the woods outside Seattle enjoying wine-drenched lunches and local colour.

Their dream producer Phil Ek, who has previously worked with Fleet Foxes and Band of Horses, brought Shout Out Louds to the mecca of grunge and bearded rock — Seattle.

"Have you seen Deadliest Catch on Discovery, about those professional fishermen?" asks singer Adam Olenius.

"We used to hang out at their bar, it was covered

with pictures of them."

In the woods outside town, among churches and waitresses serving coffee wearing bikinis, they recorded the new album.

"We wanted to isolate ourselves so we wouldn't be disturbed," says guitarist Carl von Arbin.

"The big event of the day was lunch that someone had been cooking for three hours. We ate and drank wine and then we were supposed to record again. But these lunches took a little to much time ..."

"We weren't near finished when we left Seattle. So everyone panicked. But you need that to become more emotionally involved," says Olenius.

Check out Metro's CD reviews for more on Work



Shout Out Louds: Adam Olenius, Carl von Arbin, Ted Malmros, Eric Edman and Bebban Stenborg.

Metro asks Shout Out Louds more about their recording experience.

Q Why have you called the album *Work*?

A Olenius: The title came quite late. It dawned on us that this is what we do, it's our work.

von Arbin: It also means 'make it work,' making this group of five people work together.

Q Yes, you took a long break before this album?

A Olenius: We took six months with no gigs, and one year of being in one and the same place. It was nice that everyone got a break from each other, so we could miss it a bit.

Q Normally, you spend a lot of time on the road, what is that like?

A von Arbin: Weird, but fun. It's a great feeling, that everything might happen, that it can turn into an adventure **Olenius:** You end up in after parties in cities you've never been in before. But it's not exactly Black Sabbath-things happening.

Q Where do you have most fun?

A von Arbin: Berlin is always fun. When you're abroad you can let someone else decide and then people start competing about coming up with the coolest thing.

Q So, when will you make the next record?

A Olenius: We'll be touring all of this year and try to take some time off and then we'll start recording again next year, if there's time.

THE ONLY GUMWICH*

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Awards shows are nice but Mo'Nique's heart belongs to comedy standup

COMEDY Mo'Nique won the Golden Globe. She also picked up a SAG Award. And don't forget about her most recent honour this week at the BAFTA's. So easy money says the actress will be victorious at the Academy Awards next month. Right?

"No. No," says Mo'Nique. "See, with any of the awards, I don't never feel like I got this, 'cause I think the universe would say, 'Really? So you that special that you already know?'"

"So I'm appreciative of when they do call my name and I'm appreciative if they don't call my name," said Mo'Nique in an interview from Atlanta, where she was working on a comedy tour *Spread the Love* that kicks off March 19 in New Orleans.

The 42-year-old actress-comedian has had a breakthrough year because of her riveting portrayal as the abusive Mary Jones in *Precious*: Based on the Novel Push by Sapphire.



Mo'Nique starts her comedy touch next month in New Orleans.

She talks to The Associated Press about her recent

honours and the comedy tour.

Q In the middle of this busy awards season, you're planning a comedy tour?

A Standup is my first baby. Like, I'll be doing stand up, sugar, when I'm like 97 years old. I hope to God I can still make it happen.

Q You've won so many awards. Will you take them on the road with you?

A (Laughs) Hell no! No, baby, that's too much.

Q There's been a lot of talk about you not showing up early on to promote *Precious* because you were worried about money.

A Well, when they say 'Mo'Nique was worried about money,' I wasn't worried about money.

Mo'Nique has a talk show that comes on five

nights a week and she tapes six times a week for that talk show.

And yes, when I leave my home, I leave my home and get paid to leave my home, so I wasn't worried about money.

They simply said, you know, 'Well Mo'Nique we can't pay you to do that.' ... We said, 'OK, baby. Well, then, that's not something we can do.'

Because, when I leave out, why ever would I go do something for free when I can go and do something and bring money back home to my family?

Q Has anyone, after watching the movie, come up to you and opened up about the past?

A It's been quite a few.

But one, it was this Asian brother at the DGA (Directors Guild of America) screening, and he came up to me and he

had been crying, and he said, 'Mo'Nique, what I'm getting ready to say to you is gonna sound weird. But I am Mary Jones, and I was Mary Jones to my brother and my sister.'

And we hugged and we were crying, and I said, 'Congratulations for saying it out loud, and go get you some help.'

Q How does that make you feel?

A When you hear that you say, 'We've already won.'

So when people say, 'Mo'Nique, are you excited about the Oscars and are you excited about the (NAACP) Image awards, are you excited?'

I'm excited anytime somebody wants to say, 'You know what, we appreciate what you did.'

But when you get that, that's priceless.

THE ASSOCIATED PRESS

The Gourmand World Cookbook Awards, held earlier this month in Paris, named Calgary illustrator Pierre Lamielle's Kitchen Scraps the best food book illustrations in the world. Published by Whitecap Books, the cookbook is available in stores across Calgary. **METRO CALGARY**

Urban Foodie

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IN THEATRES FEBRUARY 26

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

The Coup
924 17th Ave. S.W.,
thecoup.ca

Rating: ●●●●
Dinner & drinks for two:
\$45

As a committed meat lover, I confess the idea of a vegetarian, much less vegan, meal frightened me. I pictured bland and unsatisfying alfalfa sprouts piled on sad cubes of tofu.

But The Coup's resourceful, local and organic offerings have changed my mind. The Coup, one of Calgary's few meatless restaurants, is so popular



Falafel quesadillas from The Coup.

it led to Meet, an adjacent lounge and glorified waiting area. There, we had a delicious rice-less sushi roll (\$6.95) made with edamame purée, shredded carrots, cabbage, and cilantro. Once our table was ready, we tucked into

some Cajun tempeh sticks (\$5.50) with tzatziki. The sticks of fermented soybeans worked well with the seasonings and thick yogurt sauce.

My falafel quesadillas (\$12) were a revelation that left me stuffed. Two

large sprouted tortillas wrapped around the fried ground chickpeas with hummus and tahini. Delightful textural and flavour bursts came with every bite from sheep feta, cabbage, pickles, olives and banana peppers.

My dining partner had the salad version of that in the Club Med (\$11) which came with a lovely tahini lemon garlic dressing.

Portabello mushroom linguine (\$16) and the El Taco (\$12) with beans, avocado, shredded veggies and quinoa at neighbouring tables looked very promising.

The Coup has an impressive drinks list that rivals any lounge or club on the 17th Avenue S.W. strip.

Global Peasant blog online

• Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Check out metronews.ca/globalpeasant for a recipe of Lamb Burgers with Mint



Dining out

BEST OF BAYOU Cravings Market Restaurant (7207 Fairmount Dr. S.E.) features a four-course dinners and wine pairings. Enjoy Louisiana trio appetizers, oyster, brie and champagne

soup, bayou shrimp étouffée with spicy jambalaya and Bourbon Street bread pudding. Visit cravingsmarketrestaurant.com for details

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"Malcolm" joins band

Frankie Muniz, former star of sitcom *Malcolm in the Middle* and two-part Hollywood franchise *Agent Cody Banks*, is the drummer for unsigned Arizona rock act *You Hang Up*. **PEOPLE.COM**

Rehab stint prompts break from TV show

CBS is temporarily halting production of television's top-rated comedy, *Two and a Half Men*, following news from Charlie Sheen's publicist that the actor is in rehab and is taking a break from the show.

Publicist Stan Rosenfield announced Tuesday that Sheen has entered a rehab facility "as a preventative measure." He asked for privacy for Sheen, 44, but did not specify why the embattled actor was seeking treatment.

Sheen's bosses expressed support for the actor in a statement that said they were temporarily stopping production of the show.

"CBS, Warner Bros. Television and (Executive Producer) Chuck Lorre support Charlie Sheen in his decision today to begin voluntary inpatient care at a treatment centre," the statement said. "We wish him nothing but the best as he deals with this personal matter."

The statement offered



Charlie Sheen

no timetable for when the show would resume taping.

The decision comes roughly two months after Sheen was arrested after a fight with his wife at his home in Aspen, Colorado. Prosecutors later charged the actor with felony menacing and misdemeanor charges of third-degree as-

sault and criminal mischief. The most serious charge carries a maximum three-year prison term.

Sheen has not entered a plea and is due back in court on March 15.

Assistant District Attorney Arnold Mordkin said Tuesday he hadn't heard that Sheen had entered rehab and couldn't discuss what bearing it might have on the case.

Sheen's wife, Brooke, is also in rehab seeking treatment for an undisclosed reason, her attorney Yale Galanter said Monday. She is still asking that the charges be dismissed, he said.

Galanter and Rosenfield confirmed Monday that Los Angeles child protective services workers visited the actor and the couple's infant sons over the weekend. Galanter and Rosenfield said it was a routine, previously scheduled visit related to the Aspen court case.

THE ASSOCIATED PRESS



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CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
267 351	- ACCESS	Alberta Primetime (Live)	CS: Crime Scene Invstgtn.	American Idol (HDTV)	The Mentalist (HDTV)	Primetime				
243 317	3 CFCN	(4) XXI Winter Olympics Hockey, Skiing, Figure Skating, Medal Ceremonies (Live)	(4:30) XXI Winter Olympics Hockey, Figure Skating (Live)							
-	4 OMNI	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Deep End (N)		The Simpsons	The Simpsons	King of the Hill
245 306	6 CBRT	Wheel Fortune	Jeopardy! (N)	The Nature of Things	Carbon Hunters	Survivor: Heroes vs. Villains		Grey's Anatomy (HDTV)	Private Pract.	
244 338	7 CICT	ET Canada	Entertainment	90210 (HDTV)	How I Met	Parks/Recreation		CBC News: The National	The Hour	
246	- 8 CKAL	Law & Order: Special Victims	Dark Blue	90210 (HDTV)	How I Met	Parks/Recreation		The Office	The Office	News Hour
119 705	9 CBFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)		30 Rock	30 Rock	EP Daily
-	- 10 SHAW	(6) Local Programming						Local Programming		TJ Alberta
-	372 12 KREM	News	Access H.	The Doctors (PA) (N)	Survivor: Heroes vs. Villains	The Mentalist (HDTV)		CSI: Crime Scn		Soundstage (N)
-	374 14 KSPS	PBS NewsHour (N)	NW Profiles	Before Parks	Sherlock Holmes Mysteries	MI-5		CBC News: The National	Nature/ Things	
502 390	15 CBC	CBC News: The National	The Nature of Things	Jeopardy! (N)	Wheel Fortune	XXI Winter Olympics Figure Skating, Freestyle Skiing (HDTV)				
-	370 16 KHQ	KHQ-News 6	Millionaire	Jeopardy! (N)	Wheel Fortune	XXI Winter Olympics Figure Skating, Freestyle Skiing (HDTV)				
-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Kitchen Nightmares (N)		News
297 652	37 WPX	Supernatural (HDTV)	PIX News at Ten Tong.	PIX News at Ten Tong.	Two/Half Men	Friends		Friends	According-Jim	Family Guy
508 400	21 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Two/Half Men	Friends		Larry King Live	Cooper 360	Cooper 360
508 402	31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight				The Joy Behar Show		Nancy Grace
400 501	21 TSN	(4) XXI Winter Olympics Curling, Figure Skating, Hockey (HDTV) (Live)								
408 418	27 net	(6) XXI Winter Olympics Curling, Skiing, Cross Country Skiing, Hockey (HDTV) (Live)								
410 403	20 SCORE	Poker Tour	Hardcore Champ. Fight	NBA Basketball Denver Nuggets at Golden State Warriors (Live)						Score Now
411 457	44 OLN	XXI Winter Olympics	Ghost Hunters International	Destination Truth	Oper. Repo	Oper. Repo		Oper. Repo	Ghost Hunters	
417 406	48 SPEED	Bullrun (HDTV)	Bullrun (HDTV) (N)	Pass Time	NASCAR Hub	Bullrun (HDTV)		Bullrun (HDTV)	Bullrun (HDTV)	
552 543	20 YTV	ICarly	To Be Indie	Fries That?	Prank Patrol	The Next Star		Fries That?	Prank Patrol	Family Biz
557 541	39 FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!		Han, Montana	Wizards-Place	Ned's School
555 545	67 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	Majority Rules		6TEEN	Futurama	King of the Hill
575 583	11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable		UnStable	Amer. Funniest Home Videos	Reba
553 546	17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Dragon (DVS)		Backyardigans	Ni Hao, Kai-Han	Go, Diego, Go!
505 398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch Two			Confidential	Confidential	Divine Design
602 568	23 W	House-Sell	House-Sell	Supernanny	Love It or List It			Confidential	Confidential	Divine Design
521 560	24 TLC	Police Women of Maricopa	LA Ink "Training Day"	Police Women of Maricopa	LA Ink "Training Day"			Police Women	Police Women	
603 561	25 FOOD	Extreme Cuisine, Jeff Corwin	Ace of Cakes	Ace of Cakes	Restaurant Makeover	Diner, Drive-In		Unwrapped	Extr. Cuisine	
615 520	26 A&E	The First 48 (HDTV)	Manhunters	Manhunters: Fugitive Task	Manhunters	(10:01) The First 48				
617 522	32 SHOW	Trailer Park	Trailer Park	Relic Hunter	Cleaverville (2007, Suspense) Ever Carradine					
601 562	33 SLICE	Bootcamp	Last 10	Re-Vamped	ET Canada	What Happen?		Real Housewives of New York		
-	633 34 EN2C	Jane-Dragon	(7:25) The Contract ** (2000, Action)	Scarface *** (1983, Crime Drama)	Al Pacino, Michelle Pfeiffer					
520 505	35 DISC	Storm Chasers Greatest	MythBusters	Day Planet	Storm Chasers Greatest Storms					
620 523	36 BRAVO	The Rival (2006, Suspense) Tracy Nelson, Heather Tom	Law & Order	Without a Trace	The Rival					
294 650	40 WPCB	Law & Order: Special Victims	Seinfeld	Name Is Earl	Possidon ** (2006, Adventure) Josh Lucas					
626 547	41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl		The Simpsons	South Park	Martin
-	539 42 TCM	(6) The Killers (1946)	The Man Who Shot Liberty Valance (1962, Western)					(10:15) The Dirty Dozen (1967) (DVS)		
628 584	43 SPIKE	TNA Wrestling (HDTV) (N)	Pawn Stars	Pawn Stars	Scariest Police Chases 3	MANswers		GameTrailers	CSI: Crime Scn	
522 516	45 HIST	Ancestors	Ancestors	Lost "Lighthouse" (N)	InnerSpace	Stargate SG-1		Ancestors	Nostradamus	
627 528	46 SPACE	Caprica "Gravedancing"	Tom Hanks	(9:15) Forrest Gump *** (1994, Drama) Tom Hanks, Robin Wright				Star Trek: Next Gener.		
-	47 AMC	Forrest Gump *** (1994, Drama) Tom Hanks								
619 525	49 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy		Seinfeld	Seinfeld	70s Show
600 564	50 HGTV	House-Bryan	Real Renos (N)	House Hunters	House Hunters	Homes Inspection		House-Bryan	Real Renos	Holmes/Homes
501 391	52 CTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News		CTV News	CTV News	CTV News
504 508	70 BNN	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline		Commodities	Squeeze Play	
526 507	92 VIVA	The Closer (Part 1 of 2)	Cold Case "8:03 AM"	Psychic Inv.	Encounters	Judging Amy		Missing		
269 350	93 APTN	Jeux olympiques d'hiver: Vancouver 2010 Curling masculin, Curling masculin, demi-finale.						Fish Out of	Music Speaks	The Mix
-	94 CMC	World News	News	My Queen	Immortal Yi, So	Vancouver		Dheeyan Ghar	Sadabahr	Connections
571 581	100 MPM	mmtop10.ca	Me, Myself and I: Elton John	Gene Simmons	Wild 'n' Out			Me, Myself and I: Elton John	Gene Simmons	
570 580	101 MM	So You Think You Can Dance	MOD Live at the Base	Vancouver 2010 Concert				So You Think You Can Dance		
581 566	102 MTV	16 and Pregnant	Taking, Stage	Made	MTV Live	Movie Night		The Real World		Taking, Stage
-	116 TV5	Envoyé spécial	Geopolitis	Humanita	Hors série	TV5 Le Journal		(9:35) Arste reportage		Partir autrement

critics' corner

XXI Winter Olympics

Hardware is handed out tonight in women's figure skating, in which teenagers Rachael Flatt and Mirai Nagasu represent the United States' best hope for a medal after Sasha Cohen crashed and burned last month at the U.S. Nationals. Of course, with reigning world champion Kim Yu-na of South Korea in the field, gold may be hard to come by. In freestyle skiing, Americans Ryan St. Onge and Jeret "Speedy" Peterson look formidable in men's aerials. 9 PM on KHCQ



Edward Scissorhands

In this visually stunning 1990 Tim Burton film, Johnny Depp manages to squeeze tears out of viewers' eyes as the young man created from bits and pieces by a nameless inventor (Vincent Price). Unfortunately, the old guy dies, leaving Edward all alone — until the Avon lady (Dianne Wiest) comes calling. She brings him home to meet the family, and he becomes the toast of the town. Winona Ryder also stars as the young woman who risks blood loss to love him. 11 PM on TOON



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Joan Rivers told *Closer* magazine that Victoria Beckham is not welcome in Los Angeles. The 76-year-old comedienne blasted "vulgar" Victoria for her spending habits, insisting she should be less extravagant in the current difficult economic climate. **METRO NEWS SERVICES**

Celebrity Buzz

No pulse, no breathing

NO SKIN PIGMENTATION A recording of the moment paramedics first announced Michael Jackson's death has been found online, reports femalefirst.co.uk. The voice on the tape — which is believed to feature a Los Angeles Fire Department medic calling ahead to the UCLA Hospital in Santa Monica — could even be used as new evidence in the trial against the star's personal physician Dr. Conrad Murray who has been charged with involuntary manslaughter. The voice is

heard saying, "Patient is Michael Jackson, the pop star singer. No pulse, no breathing. Unresponsive. Tried to resuscitate him. Unsuccessful. We've done everything we can. We should be there in five minutes. It doesn't look good. It doesn't look good." If the recording is genuine then it would be crucial to the trial into Michael's death because it contradicts the timeline of events previously stated by Murray who said the 50-year-old

music legend still had a pulse and was warm when he put him in the ambulance.

If the tape is used, prosecutors would argue Murray, 56, actually left Michael for more than an hour after giving him the powerful sedative Propofol, making his actions careless.

The tape, which emerged on the ambulance workers' web forum, is thought to be the first time the announcement was made that Jackson was dead on June 25 last year, although authorities do not yet know whether it is genuine.

METRO NEWS SERVICES

Woody T. Mommason

GENUINE SENTIMENTS OR GROOMED BY HIS HANDLERS? YOU DECIDE Woody Harrelson's mother only approves of his career now he's been nominated for an Oscar, according to femalefirst.co.uk.

The 48-year-old star — who is up for a Best Supporting Actor Academy Award for his role as Captain Tony Stone in *The Messenger* — has only just been accepted as an actor

by his mum Diane, because he has been short-listed for an honour alongside Hollywood veteran Christopher Plummer.

He revealed, "I got a note from my mom, and she said, 'You finally arrived. You've been nominated in the same category with Christopher Plummer.'"

So, I got my mom's approval, which is enough, you know what I mean? I don't need a statue."

Harrelson and Plummer are up against Invictus hunk Matt Damon, *The Lovely Bones* star Stanley Tucci and *Inglourious Basterds* actor Christoph Waltz for the prize.

METRO NEWS SERVICES

Bidding 'Ciao' to Lake Como

AND 'BENVENUTO' TO THE BECKHAM BLOOD George Clooney is reportedly looking to give up his 30-room villa in Laglio, Italy, and he already has a buyer lined up: David Beck-

ham. The British football star is said to have fallen for the estate after visiting last year.

"I have fallen in love with the beautiful countryside," Beckham reportedly told friends, according to the *Daily Mail*.

"It's peaceful, quiet and near Mi-

lan. It would be great for the family."

Clooney is said to be selling because he's fed up with attention from locals and paparazzi at the property. The asking price is said to be around \$30.8 million US.

METRO NEWS SERVICES

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Going back to the block

WITH A BUSKING HAT IN HAND

It looks like Jennifer Lopez's split from her record label wasn't so amicable after all, with sources claiming that Epic Records actually dropped her over the poor performance of her latest singles and the fear that her new album would be a flop, according to *Gatecrasher*.

"Jennifer hasn't been on top of her game for a while," a source says, while another

source adds that it will take some money on Lopez's part for the album to see the light of day now.

"Epic technically owns the material from her album, so she needs to buy it back from them to have control over it," the source says.

"But she'll try to release the album online if need be. It may be her last resort to take control of a poor situation."

METRO NEWS SERVICES

Smelling the fleurs

OK, SO MONEY CAN'T BUY YOU LOVE BUT IT CAN BUY YOU LIFESTYLE

Johnny Depp enjoys his privacy, admitting that he doesn't leave his estate in the south of France for months at a time, according to *Hollyscoop*.

"We have a great place," he says of the home he shares with girlfriend Vanessa Paradis and their two children.

"I've not left the property for three

months at a time. I literally just wake up, go out, check the garden and see the vegetables growing.

"It's a pristine existence in terms of simplicity. There's no talk of movies or work and, infinitely more important, the telephone never rings. It really is a beautiful, simple life."

METRO NEWS SERVICES

Love is a two-way street

AND I THINK THIS ONE MIGHT BE A DEADEND, CHICKIE

Lindsay Lohan has her heart set on getting back together with Samantha Ronson, she tells the *Sun*.

"We love each other. We might reconcile the relationship," she says.

"It's changed, so

who's to say we won't be together again?"

And if Lohan can't have Ronson, she says she'll probably be off women for good.

"If I wasn't with Samantha, I would probably be with a boy next. She's the only woman I've been attracted to."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

Today, **LINDSAY LOHAN** is considering a move across the Atlantic, **JUSTIN BIEBER** is keeping up his education while doing publicity in Europe, **CARRIE FISHER** gets deep, and **JESSICA SIMPSON** is considering a new pet.

@lindsaylohan Moving to the UK is in my near future* better dj's/music and Paris is just a Chunnel away!

@justinbieber School field trip this morning! Went to the Arc de

Triomphe...learned it took 30 yrs to construct and Napoleon started it. Fyi.

@CarrieFisher Do living rooms eventually sicken & die?

@JessicaSimpson I'm thinking about getting a pet pig. Does this mean I'll have to give up pork?

METRO NEWS SERVICES

Boyle bashing

BITTER, MUCH? Adam Lambert is no Susan Boyle fan, slamming the Scottish singer's album, which beat out his for the top spot when it was released last year.

"I'm happy for her success, but that album is terrible," Lambert tells *England's Gay Times* magazine. "Wild Horses is the one that made me laugh the hardest. I just died when I heard it, I was crying with laughter. It was the most horrendous, sacrilegious treatment of that song."

METRO NEWS SERVICES

MANDEEZ XCLUSIF

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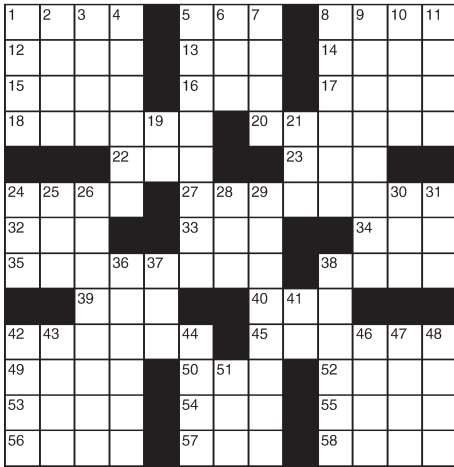
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Andrew Schultz, Meteorologist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 Not barefoot
- 5 Highlander's hat
- 8 Eject
- 12 Proofreader's catch
- 13 Ortiz of "Ugly Betty"
- 14 Multinational money
- 15 The same, in a bibliography
- 16 Family
- 17 Being, to Brutus
- 18 Cookbook entry
- 20 Snacks (on)
- 22 Pinch
- 23 List-ending abbr.
- 24 Building block name
- 27 Fairway shot
- 32 Tramcar contents
- 33 Marseille monarch
- 34 Fish eggs
- 35 Inventor, often

- 38 Pack cargo
- 39 Crafty
- 40 Chinese tea
- 42 "Thanks —!"
- 45 Impede
- 49 "Yikes!"
- 50 Savings-plan acronym
- 52 Showroom sample
- 53 Existed
- 54 Neither mate
- 55 Settled down
- 56 Studio constructions
- 57 Stick with a kick
- 58 Lo-cal

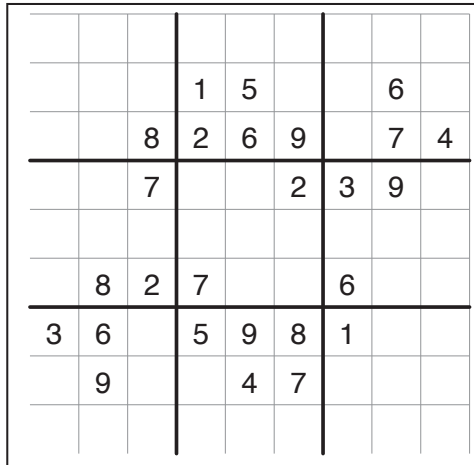
DOWN

- 1 Use a teaspoon
- 2 Stevenson villain
- 3 Cartel acronym
- 4 Mardi Gras mask
- 5 Join in
- 6 Singer DiFranco
- 7 Herbie of jazz
- 8 Tends
- 9 Vendor's wagon
- 10 Gaelic
- 11 Travails
- 19 Common ratio
- 21 "— the ramparts ..."
- 24 Prune
- 25 Mound stat
- 26 Carell/Hathaway movie
- 28 "Ulalume" writer
- 29 "USA Today" graphic
- 30 Bill's partner
- 31 Chop
- 36 Gets away from
- 37 Big Apple
- 38 Summer shoe
- 41 Greeting
- 42 Wields a needle
- 43 Curved molding
- 44 Intimation
- 46 Party-platter preparer
- 47 Send forth
- 48 Repetitive routine
- 51 Director
- Howard

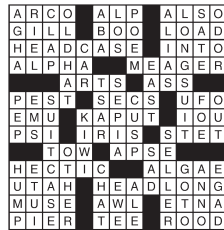
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



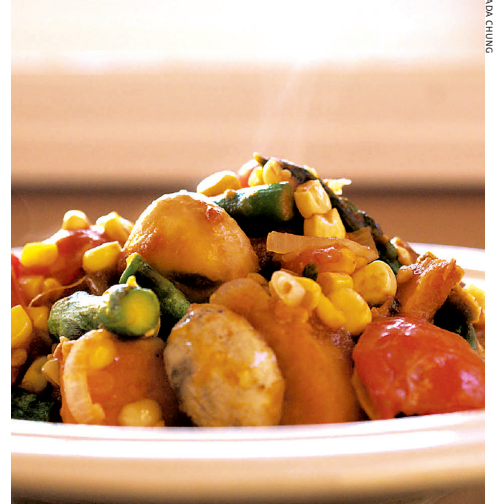
1	6	7	8	4	3	5	2	9
8	4	5	9	2	1	6	7	3
9	3	2	6	7	5	4	1	8
5	9	8	3	6	7	2	4	1
7	2	6	4	1	8	3	9	5
3	1	4	2	5	9	8	6	7
6	7	3	5	9	4	1	8	2
4	8	1	7	3	2	9	5	6
2	5	9	1	8	6	7	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Pan-Roasted Sweet Potato & Vegetable Medley

Submitted by Tammy Roy, St. Thomas, Ont.

INGREDIENTS:

- 1/3 cup fresh shucked corn
- 1/3 cup asparagus, chopped
- 1/3 cup mushrooms, sliced
- 1/3 cup sweet potato, diced
- 1/2 shallot, diced
- 1/3 cup diced tomato
- 1 tsp garlic, minced
- 1/4 cup chicken stock
- 2 tbsp olive oil
- salt and pepper

METHOD:

1. Roast sweet potato in oven at 350°F for 20 minutes beforehand. Then season the potatoes with

- salt and pepper and place on a greased cooking sheet in oven for another 10 minutes at 350°F before adding to the vegetable mixture.
2. Sauté shallots and garlic in 1 tbsp olive oil.
3. Add another tbsp olive oil to the garlic and shallots, if necessary, and all remaining vegetables, including sweet potatoes.
4. Sauté everything for 5 minutes.
5. Add stock and reduce for 2 minutes and serve.

SERVES 4

PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES



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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Take time out from your busy schedule to offer a word of praise or advice to someone who is struggling.

TAURUS
APRIL 21-MAY 21
Don't be afraid to put your point of view across today, even if you are not entirely sure that you've got it right.

LIBRA
SEPT 23-OCT 23
For some strange reason you appear to be taking too much notice of what other people say at the moment.

SCORPIO
OCT 24-NOV 22
Although you can see that the changes now taking place in your life will be for the best, you still wish that certain things could remain the same.

GEMINI
MAY 22-JUNE 21
If you are having negative thoughts about someone then you must bring them under control.

SAGITTARIUS
NOV 23-DEC 21
Be fair in all your dealings over the next few days. If you take even the smallest of liberties you will find that someone is ready to question your integrity.

CANCER
JUNE 22-JULY 22
You can be remarkably persuasive when you want to be and you can easily convince those in positions of authority to back your latest good idea with cash.

CAPRICORN
DEC 22-JAN 20
You may not be able to explain why you feel wary of someone but you know better than to ignore what your inner voice tells you.

LEO
JULY 23-AUG 23
The best way to get rid of a bad habit is to replace it with a good one, so find something you really like doing and focus on that.

AQUARIUS
JAN 21-FEB 18
Life is what you make of it, and if you make an effort to be cheerful today you will find plenty of things to enjoy.

VIRGO
AUG 24-SEPT 22
Your analytical nature, plus your way with words, can lead to some pretty sharp observations and you won't hesitate to call it as you see it today.

PISCES
FEB 19-MARCH 20
The Sun in your sign makes you unusually decisive: if you want something badly enough you will find a way to get it.

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CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

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Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

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L'Oréal Paris

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Unlimited calling to users of the same network	Included (from ANY WIND Home Zone)	\$10
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Unlimited Canada-wide calling with no Long Distance charges	Included (from ANY WIND Home Zone)	\$20
Unlimited Incoming Text	Included	Included
Unlimited Outgoing Text	Included (from ANY WIND Home Zone to any Canadian/US number)	Included (from anywhere in Canada to any international number)
Caller ID, Voicemail, Missed Call Alerts, Call FW	Included	\$10 Caller ID, Voicemail, Missed Call Alerts, \$3 Call Forwarding
Activation Fee	None	\$35
1st Monthly Plan Fee	Free	Not Free
Handset Costs (example)	Samsung Gravity • QWERTY slider No contract • \$150	LG Neon TE65 • QWERTY slider No contract • \$175
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Total fixed 3-year expenditure (handset included)	\$1,725	\$3,918
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